

SEPTEMBER

Taste the Variety



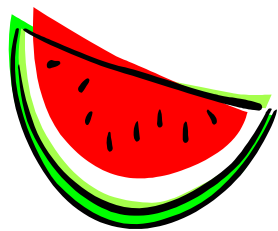
FRUITS AND VEGETABLES MONTH

The Month of September has been designated as The National Fruits and Vegetables Month.

To get the amount that's recommended, most people need to increase the amount of fruits and vegetables they currently eat everyday.

Here is what is recommended everyday:

- 2 cups of fruits
- 2 1/2 cups of vegetables



Fruits and vegetables are sources of many vitamins, minerals and other natural substances that may help protect you from chronic conditions.

Common minerals and vitamins are:

- Fiber: Diets rich in fiber has been shown to reduce coronary heart disease; Sources: various beans, lentils and artichokes.

- Potassium: Diets rich in potassium has been shown to reduce blood pressure.

Sources: sweet potatoes, tomatoes, carrot and prune juice.

- Vitamin C: Help heal wounds and cuts and keep gums and teeth healthy. Sources: red and green peppers, kiwi, strawberries and oranges.

<http://www.fruitsandvegetablesmatter.gov/benefits>

Daily Reminders

- 1 Have a fruit as mid morning snack
- 2 Add berries to morning cereal.
- 3 Keep dried fruit handy
- 4 Ask for more vegetable dishes
- 5 Try eating 2 vegetables daily
- 6 Drink fruit smoothies
- 7 Look for ready packed veggies

TASTY RECIPES

Berry Blast Smoothie

- 2 cups: blueberries, raspberries, Strawberries, blackberries
- 1 cup cran-raspberry juice
- 1 cup low fat blueberry yogurt
- 2 cups of ice

Place all in blender and blend until smooth.

Grilled Tomatoes

- 4 ripe tomatoes
- 1 Tbsp of oregano
- 1 tsp of lemon pepper

Slice tomato lengthwise. Prepare coals. Cover grill grid with foil. Place tomatoes on foil and sprinkle with seasoning. Grill tomatoes for 4-5 minutes.

Carrot Raisin Salad

- 4 carrots (medium) shredded
- 1/4 cup raisins
- 2 tsp sugar
- Juice of one lemon

In a medium bowl, thoroughly mix ingredients. Serve chilled.

Fruit & Veggie of the Month

- *Chili Peppers~ Vitamin C with a kick!*



- *Figs~ A tasty flower*



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HEALTHY AGING MONTH

Healthy Aging Month is designed to raise the awareness of the positive aspects of aging and to provide information for adults 50 or older to improve their mental, physical, financial, and mental fitness.

POSITIVE LIFESTYLE CHANGES

Chronic diseases have a particularly heavy burden on older adults. Much of the illness, disability, and death associated with chronic diseases are avoidable with preventive measures. Regular exercise is important for seniors. In this age group, the risk of disease and loss of mobility is greater. Healthy eating and use of early detection screenings is also very important.

The United States is on the brink of a longevity revolution. By 2030, the number of older Americans will have more than doubled to 70 million, or one in every five Americans. Source:

www.cdc.gov/aging

Here are some tips to maintain a healthy lifestyle:

Social



- Volunteer
- Join senior activities
- Travel

Physical

- Look for ways to get in exercise daily
- Use a buddy system
- Join a gym or a exercise group

Mental

- Seek out variety and challenge in your daily life.
- Enjoy challenging games.

Financial



- Save at least 10% of your income.
- Invest in savings plans that compound interest.
- Talk to a financial advisor.
- Stick to a planned budget.
- Sign up for a retirement plan.

*"To keep the heart unwrinkled,
to be hopeful, kindly, cheerful,
reverent. That is to triumph
over Old age".*

-Amos Bronson Alcott



Nearly 40% of deaths in America can be attributed to smoking, physical inactivity, poor diet, or alcohol misuse-behaviors practiced by many people every day for much of their lives. Adopting healthy behaviors such as eating nutritious foods, being physically active, and avoiding tobacco use can prevent or control the devastating effects of many of the nation's leading causes of death. For more information on wellness programs available to you, please go to

www.corphealth.com/arwellness to sign up for Corphealth's Wellness programs on weight management/physical activity, nutrition, stress management, tobacco cessation, and back pain management.

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